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# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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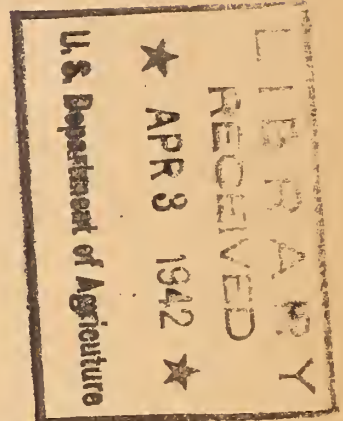
WASHINGTON, D.C.

### THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

### GET THE GOOD FROM FAT



"Take good care of kitchen fats and oils," is a wartime "must" for every cook.

With farmers making an all-out effort to produce enough fats and oils this year for ourselves and for shipment to our allies—homemakers will need to make the wisest possible use of kitchen fats. Here are some suggestions along that line from Dr. Louise Stanley, Chief of the U.S. Department of Agriculture's Bureau of Home Economics.

### WATCH FOR WASTE

There are a lot of ways to waste fat, but look first for the most obvious—the wastefully big pats of butter, the fats that are actually thrown away. The practice of pouring bacon grease or drippings down the sink, for instance, is wasteful in addition to being a plumbing nuisance. Leftover fat is wasted if it is stored improperly, just as is any fat. Fat is also wasted if it is put into products that are so poorly or carelessly made they go uneaten.

Another way to waste fat is to serve too frequently foods that need a lot of fat. These include such foods as pastries, doughnuts, croquettes, and many other deep-fat fried or sautéed foods.

There are a number of other foods besides the all-fat products that supply us with fat. Among the high-fat foods are fat meats, fat poultry, fat fish, nuts, chocolate, coconut, cream, egg yolk, nut butters, olives, and avocados.

#### USE IT ECONOMICALLY

Measure fats carefully. Not only is it waste to use more than you need, but too much fat makes cakes oily and can cause them to fall, makes unappetizing greasy gravies, sauces, and soups.

Good way to measure less than a cupful of fat is to use a measuring cup with some water in it. If you want to measure  $\frac{1}{3}$  cup of fat, fill the measuring cup  $\frac{2}{3}$  full of water—then add fat and push it under the water until the water comes to the level of the cup top. Pour out the water and you have an accurate  $\frac{1}{3}$  cup of fat.

Find the most economical fat to suit your purpose. Although no fat is suitable for every use—many fats are suitable for the same uses. And when their suitability is equal, it's only sensible to buy the less expensive.

For deep fat frying, suitable fats can be found among the vegetable oils—with the exception of olive oil, among the hydrogenated fats, the compounds, and the high quality lards. The fat used for this kind of cooking must be mild flavored and have a high "smoking point."

For pan frying all these fats are suitable—and in addition, so are butter, oleomargarine, olive oil, and drippings. For shortening, you can use almost any fat or oil with a bland flavor. Every cook is her own best judge of fat for pastry.

#### WATCH THE TEMPERATURE

Don't spoil fats and foods cooked in fats with too much heat. The unpleasant odor of smoking fat is a warning that the fat is breaking down chemically. Food cooked in smoking fat will be harder to digest—may be irritating to the digestive tract. And once fat reaches the smoking point it gets rancid more quickly when you



save it to use again.

Fats differ in "smoking points." That's one of the reasons that only certain fats are suitable for deep fat frying where temperatures must be high as well as just right. Many cooks like to use a thermometer to test the temperature of the fat. Correct temperature control not only helps save the fat for future use—but it is one assurance against soggy or grease-soaked fried foods.

Every time a fat is heated, its smoking point gets lower. So you'll want to watch the fat more closely the second time than the first. Particles of food left in fat will also lower the smoking point.

When you fry with butter, drippings, or any fat with a relatively low smoking point—be even more careful. Have the heat moderate. To melt butter or oleo-margarine for sauces or to add to vegetables—heat over very low heat. An excellent way to melt the butter is to put it in the top of a double boiler or a pan set in warm water.

#### SAVE FATS

Many fats may be saved and reused. Keep bacon fat and drippings for seasoning vegetables. Properly cared for, the fat used for deep fat frying may be used a number of times. Strain the fat through several thicknesses of cheesecloth or other clean white cloth before you put it away each time.

Every bit of surplus fat—unless it's too strong in flavor or has been scorched may be saved and used for cooking. Any surplus fat trimmed off at home—suet, pork, lamb, and chicken fat—may be ground or cut into very small pieces and rendered down. To render small quantities of fat, heat in a double boiler. Cover and stir occasionally. When the fat is all melted, strain it, and store it.

Clarifying fat will free it from objectionable odors, tastes, or colors in most cases. Here is a way to clarify the fat you have rendered down as suggested

above, or left-over fat in which you have cooked strong-flavored food.

Melt the fat with an equal amount of water. Heat for a short time at a moderate temperature with occasional stirring. Let the mixture cool, remove the layer of fat, and scrape off any bits of meat and other material which may cling to the underside.

#### HOW TO STORE FATS

Store all fats in a closely covered container, in a dark place, and away from strong flavored foods. Table fats should be kept very cool--in a refrigerator if you have one. Most cooking fats should be stored in a cool place also, although there are some types of hydrogenated fats and compounds on the market that keep well at room temperature. Store left-over fats and drippings as carefully as commercial fats.



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Washington, D.C.

### THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

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U. S. Department of Agriculture

### OUTWIT THE CLOTHES MOTH

Those winter wools you'll be putting away soon are going to be more valuable than ever next fall. So don't take any chances on moth damage to them this summer.

Following are some tips from home economists and entomologists of the U.S. Department of Agriculture on ways to protect wool or part wool clothing from clothes moths.

### TAKE THE OFFENSIVE

There are likely to be some moths in almost any house or apartment at any time of the year. So don't wait until you see a moth or evidence of moth damage before you take measures to prevent them.

One of the best year-round offensives against moths is good housekeeping. Keep all floors and rugs well swept. Moths often get a start in the part of a rug under a heavy piece of furniture or close to the wall where it may be difficult to sweep thoroughly.

Eliminate all possible breeding places for moths. Never leave wool rags or old wool clothes lying carelessly around the house. Don't let lint or hair accumulate in floor cracks or under the baseboards--or dog or cat hairs remain in the basement. Moths like to eat hair, feathers, and fur as well as wool.

Ordinarily, moths don't bother clothes that you wear frequently. But they are likely to set up housekeeping in a wool coat or dress that hangs in the back of a dark closet for weeks at a time. So even if you aren't wearing garments a lot-- it's a good idea to take them out and sun and brush them occasionally.

#### SAFE STORAGE

For safety and convenience, most women like to clear closets of winter clothing as soon as possible. These clothes may be sent to reliable commercial establishments for storage. But they can be stored safely at home if the homemaker takes a little time and care to put them away.

Store wool garments, gloves, and shoes separately from articles of rayon, cotton, linen, or silk, which need no protection from moths.

Half your battle is won if you make sure you have no moths--moth larvae-- or moth eggs on the clothing before you store it. The moths aren't likely to be on the clothing because they fly away the minute they get out in the sunlight. But the tiny, soft, white moth eggs can easily go undetected. In 4 to 8 days in the summer an egg hatches into the worm or larvae that does the real destructive work.

Dry cleaning kills moths--destroys eggs and larvae. So does washing with a strong solution of neutral soap. And so will a good sunning and airing if you accompany it with brisk brushing. Moths can't stand the bright sun, the larvae drop to the ground, and the eggs are crushed or dislodged in the brushing.

Once you get the clothing free of moths, they may be put away in paper bags, wrapped in paper, sealed in boxes, or stored in trunks, chests, or tight closets. Paper bags and bundles should be stored where they are not likely to get torn. Moths won't eat through paper but they are opportunists who will take advantage of a tear to get inside.

Trunks and chests should have tight-fitting lids. And closets set aside especially for storage of wools should have all cracks in plaster and around base-



boards filled with crack fillers—a gasket on the door so it can be shut tight all around.

#### EXTRA PROTECTION

There's always a chance that there may be some moth larvae or eggs in the clothing you store. So it's a good idea to play safe by using flake naphthalene, or paradichlorobenzene, or mothballs which contain one or both of these chemicals. As these chemicals evaporate they give off a gas which first discourages the moth larvae from feeding on the wool—then kills the larvae if the gas is concentrated enough. They must be used generously if they are really to do the job.

Tie these crystals or balls in a cloth sack and hang them on the neck of the hanger inside a paper protector. Sprinkle them generously between the folds of clothing in boxes, trunks, chests. Put on the top shelf of a closet set aside for storage or hang them in muslin bags from hooks.

Naturally, if the gas is to do its work the lid of a box or chest, and the door of a closet must be kept tightly closed—opened only a short time when it is necessary to put something away or to get out a garment. About 1 pound of flake naphthalene or paradichlorobenzene is a safe amount to use in a small chest, trunk, or wooden box. For a large closet or store room use a pound of crystals to every hundred cubic feet.

Cedar chests made of at least 70 percent solid red cedar protect against moths if the clothes have been brushed to remove moth larvae before they go into the chest. And the cedar chest must be tight and in good condition. Chests of neutral woods lined with thin cedar veneer are not any more dependable than any tight chest. For extra protection they need the chemicals mentioned above.



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U.S. Department of Agriculture

### THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

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### SEVERAL WAYS OF SAVING VICTORY GARDEN PRODUCTS

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If the Victory garden campaign is to be a success, none of the foods produced can be allowed to go to waste. That means thinking now about the methods of preserving the products of these gardens.

"We hope that your Victory gardens were planned to provide the right foods for the family the year around," says Miriam Birdseye, Federal Extension Nutritionist, who has been cooperating with the Bureau of Home Economics in planning an all-out food preservation program.

Miss Birdseye also says that if you live in a city and don't have a Victory garden, you can still plan to can a few tomatoes and fruits, and possibly dry other products. City women often can get fresh farm supplies at the height of the season.

Here are further suggestions to help in conserving your Victory garden products through the year.

First, and most important for everybody, is to use as many fresh fruits and vegetables as possible while the growing season lasts. But at the same time, to have enough so that by preserving in one way or another there will be supplies to meet the family needs until the garden comes in next year. And if there are over-

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supplies which you can't use, see that they get to the neighbors or to institutions or schools that can use them fresh or that have facilities for preserving them by acceptable methods.

Remember during this growing season, that the use of fresh vegetables takes the pressure off food preservation facilities. Also, all foods you preserve yourself will reduce the load carried by commercial canners. They are restricted as to tin containers available this year, and increased quantities of canned foods are going to be necessary to meet the needs of our military forces, the United Nations, and for sale to city people who do not have fresh supplies to store.

Plan for methods other than canning, that you can use to conserve your garden products. One possibility is to store everything that will keep in the cellar, in aboveground mounds, or underground pits or trenches. The list could include potatoes, sweetpotatoes, other root vegetables, cabbage, celery, pumpkins, squash, apples, winter pears, and other fresh products. If you have never stored so much before, you may need to improve or add to your storage facilities, and lay in lumber and other materials now for making changes.

Then you can plan to dry corn, green beans and peas, mushrooms, squash, cherries, apples, pears, and peaches, and some of the other vegetables and fruits. Top of the stove dryers are not hard to make. You can get information about building one, and about drying generally, by writing to the U.S. Department of Agriculture, Washington, D.C., or asking your State Extension Nutrition specialist.

Another way of keeping some products is to make kraut and pickles. You can brine purple top fall turnips and snap beans as well as cabbage, also green tomatoes and cucumbers for pickles.

Where freezer-locker storage is available, it is one of the best means of food preservation. The locker should be kept filled up to its capacity. Foods

that freeze especially well are non-acid vegetables like asparagus, corn, young lima beans, broccoli, peas, spinach; berries and peaches. Select, gather, and prepare fruits and vegetables properly for frozen storage or their quality will disappoint you.

All these methods of preservation take the pressure off canning, but you will want to can fruits, tomatoes, and, if you have a pressure cooker, your non-acid vegetables. So check over your present canning equipment and see what additional supplies you need.

First, look over your glass containers and sort out those that are suitable for canning. Discard any defective jars. Your egg candling lamp or any frosted electric lamp bulb used in a dark room will show up defects in glass jars. Mayonnaise and peanut butter jars are not suitable for canning unless they can be fitted with standard lids to make a tight seal. They are useful for products that will be covered with paraffin, such as jellies or preserves, and for relishes and pickles that are put up in vinegar and do not require a tight seal.

Make a list of the new jars, extra covers, and jar rubbers you will need. At present the outlook is that you will be able to get replacement tops and rubbers for your screw-top glass jars, but you probably will find few one-piece zinc covers on the market.

It is estimated that there will be enough rubber rings for home canning especially if the amount of canning is limited by other means of preserving food. However, rings and gaskets now being manufactured will use less crude rubber than in the past.

Families already equipped for canning in tin will be able to get tin cans of the type for home canning. But since the tin supply is very limited, only those qualified by experience, who have sealers or can get the use of a sealer are advised to can in tin.



Water bath canning for acid fruits and tomatoes presents little or no equipment problem for most homemakers. Almost everybody has a wash boiler with a tight lid, or a covered bucket or other utensil for which a rack can be made to go under the cans. Whatever is used should be deep enough to hold 1 or 2 inches of water above the tops of the containers.

If you are fortunate enough to have a pressure cooker already, see that it is in good working order, and plan to share it with neighbors. Clean the petcock and safety valve, examine the rim and cover for nicks, and test for steam leaks. Especially, have the pressure gage checked by a competent person. Or follow the directions for doing this yourself, given in the "canning bulletin" (Farmers' Bulletin 1762), which you can get from the U.S. Department of Agriculture, Washington, D.C.

Chances of getting a new pressure canner are reasonably slim, owing to scarcity of the necessary metals. This has cut down the number and delayed the delivery of these essential pieces of equipment. As Miss Birdseye says, "In view of the probable shortage of new pressure cookers, those manufactured this year should be regarded virtually as a trust from the Nation, to be used as widely as possible to serve several neighbor families, or a community center."

Finally, don't stop at your own doorstep in thinking about food preservation. Meet with neighbors and find out what is being done to make use of every canner and sealer that can be located in the whole community. Help develop a plan of neighborhood organization, equipment sharing, and exchange of abundant food supplies. A drive to collect jars and other containers may prove profitable for those who have the products but too few jars. Explore the possibilities of cooperative storage, and arrange for handling surpluses that may occur during the season, so there will be no preventable waste.



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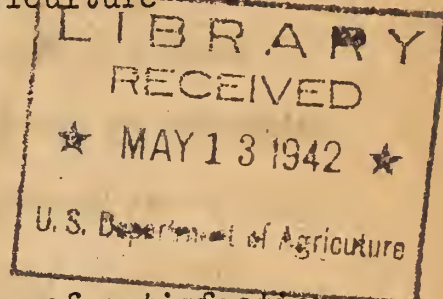
WASHINGTON, D.C.

**THE MARKET BASKET**

by

Bureau of Home Economics, U.S. Department of Agriculture

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**MARKS OF A WELL-FITTED DRESS**  
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A dress that fits well is pleasing to behold and a source of satisfaction to the woman who wears it.

In these days, when wardrobes must be able to grow old gracefully, a well-fitting dress is this, and more. There is no unnecessary wear or strain on a dress that fits correctly. Therefore, such a dress not only lasts longer — but it looks good longer. Good fit bolsters morale as well as conserves material.

In the following paragraphs are listed some of the easy-to-spot marks of a well-fitting dress. Check these points when you buy a readymade dress, when you make a dress yourself, or when you remodel one.

**IN GENERAL**

Look closely at the grain of the goods. This tells you how carefully a dress has been cut — and the way the dress is cut has a lot to do with how well it will fit. Crosswise yarns should run horizontally — at right angles to the lengthwise yarns that run straight and true up and down. Check these yarns to see that they are at right angles at the bustline, hipline, and in the sleeve caps.

Look at the seams. Here you can get a clue as to how well the dress was

put together, which also makes a difference in the way it fits. Every seam should lie flat and hang straight if the dress is to keep its proper shape. The seam at the underarm drops straight down, the side skirt seam continues in line straight to the hem.

Look for smoothness of line. See that there are no unbecoming folds or wrinkles in the dress as you stand. As you move, there will be some — but only those necessary to comfort and ease of action.

See that your dress is comfortable. Stand in it; sit in it; move around in it. If it pulls or draws at any place, it does not fit correctly.

#### EIGHT STRATEGIC POINTS

**SHOULDERS** — If your figure is normal, a shoulder seam should not be visible either at the front or the back when you try on the dress. If you are slightly round shouldered, it may be more becoming to have a shoulder line slightly back of the normal line. If you are overly erect, it is better to have one slightly forward of the normal line.

**NECK** — With or without a collar, a dress looks best if it fits snugly at the sides and back of the neck. One that bulges or stands out from the neck is uncomfortable.

**BUST AND BACK** — Avoid tight fit here. Be sure there is sufficient fullness set in directly under the bustline and for the shoulder blades in back. The blouse usually fits better if the waistline is kept free from gathers at center front and center back.

**ARMSCYE** — See that the seam that joins the sleeve to the shoulder forms a straight line back and front, curves over the shoulder and under the arm as closely as possible. Otherwise it will bind or pull at the seams, may ruin the neckline and cause the blouse to fit uncomfortably. Tight-fitting sleeves need close-fitting armscyies. Loose sleeves may be fitted more loosely at this point.



**SLEEVES** — A sleeve ought to look as though it is set into the armhole, not vice versa. A long sleeve should come well down over the wrist bone and not slip above this point when you raise your arm. To test for sleeve comfort, touch your head with both hands. The sleeve should not pull or draw. Lengthwise yarns of the material should run straight down from the top of the arm to the elbow as you stand with your arms at your side. The inside seam should be in line with the thumb.

**WAISTLINE** — The waistline seam generally follows the natural waistline, which is slightly higher in back than in front. A snug waistline helps to keep both skirt and blouse in proper position. Dresses that fit snugly at the waistline need a placket opening at the side, so they can be put on and taken off easily.

**SKIRT** — Center front and center back lines of the skirt should hang straight from waist to hem — not swing out either in front or back. The space between the hipline and the waistline usually looks best fitted smoothly but not tightly. The crosswise grain of the goods should be parallel to the floor and there should be no draw or pull across the hipline.

**HEM** — Most of all you want the hem to be even and of a becoming length. But also be sure a pleated skirt is turned straight on the goods at the bottom. Otherwise, the pleats may soon become uneven. A pleated skirt with a loose waistline or pleats not tacked in place at the top sufficiently will soon sag at the hem.

#### ALTERATIONS

Dresses that do not fit well at every point may sometimes be made to fit with simple alterations. But before you decide to buy a dress that needs altering, look into the situation carefully.



If the altering is to involve letting out seams, check to see that seam allowances are ample. Make sure the material will now show ripped-out stitching lines or pressing marks made during alterations. Be sure one simple alteration will not lead to a series of others.

Dresses with simple lines may be altered more easily, more successfully, and less expensively, if you are having the work done for you, than those with much trimming. Fit your most difficult figure problem first, then alter the rest of the dress to suit.

Some alterations should not be attempted except in cases where choice is extremely limited. It is hard to recut and resew a whole blouse, for instance. You can't remedy a too narrow sleeve cap or a back by letting out seams. They will simply tear out later on.

Simple adjustments to make are those that involve ripping small places to shift seam lines or to adjust gathers, straightening seam stitching lines, making bias or other joinings neater, evening the hem, sewing on buttons and snaps, or changing the waistline. It is much simpler to adjust the skirt than the blouse.

If you make a dress at home, alter the dress pattern to correspond to your body measurements before you cut the pattern. Then allow an extra half inch on shoulder seams — especially at the back edges, at the underarm<sup>side</sup> seams, and at the bottom of the blouse for fitting.

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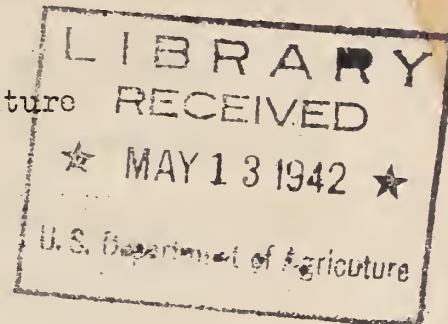
WASHINGTON, D.C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

### TAKE CARE OF HOUSEHOLD METALS



Today, most of the metals used in ordinary household articles have become "critical" materials. In order to save these metals for production of vital war equipment, their use has been sharply curtailed--in many instances stopped entirely--for the manufacture of ordinary civilian goods.

In the following brief dictionary are presented some hints for wartime good housekeepers concerning the care of metal articles in their homes. These tips on metal saving come from Lenore Sater, chief of the household equipment section of the U. S. Department of Agriculture's Bureau of Home Economics.

### ALUMINUM

Never leave food in aluminum any longer than necessary. Food stored in it--or food particles left in the pan and allowed to wait some hours before the pan is cleaned will cause pits or holes to form in the aluminum. So will soaking the utensil for some time before washing it. Pitted aluminum not only is unsightly, but it is more difficult to clean. Any alkali, such as soda water, will cause aluminum to turn dark and to pit. Soda water boiled in aluminum will corrode the pan.

You can brighten aluminum that is slightly discolored by boiling some weak acid in it--for instance, water to which you have added some cream of tartar



or vinegar. Or if you are cooking rhubarb, tomatoes, tart apples, sour milk, or buttermilk, these will also brighten the aluminum without spoiling the foods for eating.

You can clean badly discolored aluminum with a cloth dipped in very fine scouring powder or with fine steel wool of the grade 00. If you use steel wool, you'll be sure of removing even the tiniest of salt particles. Ordinarily, you won't have to resort to these drastic cleaning measures if you keep aluminum utensils clean from day to day--with mild soap, sudsy water, rinsing, and thorough drying.

### BRASS

Most brass articles around home come in the class of decorative goods. Day to day cleaning need only be a dusting with a soft cloth. If you want to clean it more thoroughly, wash it in hot, sudsy water. Then rinse and dry.

If there are spots on the brass, rub the spots with one of the following: hot vinegar and salt; lemon rind and salt; hot buttermilk; hot sour milk; tomato juice; rhubarb juice. Wash these off, rinse them, then wipe the brass.

You may also clean the brass with metal polish made especially for brass or copper. These two metals are hard and can stand a more abrasive polish than other, softer metals. Some homemakers prefer the looks of unpolished brass. Others save themselves much polishing by cleaning the brass, then lacquering it with a clear lacquer. The lacquered brass needs only dusting and occasional washing.

### BRONZE

Clean with weak soapsuds, hot vinegar, or hot buttermilk. Rinse thoroughly right away. Dry thoroughly. To brighten the bronze, use dry whiting (powdered chalk) or rottenstone. You may lacquer bronze in the same way as brass.



### CHROMIUM PLATE

Never use metal polishes or any kind of cleaning powder on any chromium finish. It is a soft metal and wears off easily. But it is one of the easiest metals to keep clean and stainless. Simply wipe it off with a damp cloth. If it needs washing, use soapy water, rinse, and dry.

### COPPER

Keep copper absolutely clean if you use it for any food, otherwise it's dangerous. Clean and polish it by the same methods recommended for brass.

### IRON

Wash iron in hot, sudsy water. If this doesn't clean it, use hot soda and water. If the iron utensil is small enough, boil it in soda and water. Rinse and dry.

Always keep iron thoroughly dry, because a little moisture will cause it to rust. If iron does become rusted, take off the rust with scouring powder, with steel wool, or with a ball of copper threads. If you want to store an iron pan for long, coat it with a saltless oil or fat. Wrap it in paper, and store it in a dry place.

### NICKEL

If you can't get nickel clean with soap and sudsy water, use a fine cleaning powder, such as whiting paste. Rinse and dry with a soft cloth. Wash nickel frequently to keep it bright. A coarse, gritty cleaning powder will soon wear through the thin nickel coating on plumbing fittings. Soap and water is all that is necessary on utensils or equipment made from nickel-copper alloys.

### STAINLESS STEEL

Clean off spots or burned-on food with a gritless cleaning powder or grade 00 steel wool. Otherwise keep clean with hot, soapy water, rinsing, and thorough drying.

### TIN

Don't try to keep tin shiny. If you do, you'll take off the very thin coating of tin and leave the metal underneath open to rust. Remove burnt foods by boiling soda and water in a pan from 5 to 5 minutes—never longer. Wash and dry thoroughly, because water left on the tin may cause rust.

